

Northfield Senior Newsletter

April 2016



OF THE CENTER
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Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs

The COA Mission: The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens age sixty and older.

Highlights for April

FIRST FIRDAY FILM will be "*The Imitation Game*", snowed out in February. Join us on April 1 at 12:30pm at the library. This is the story of the man who broke the enigma code during WWII and brought the German march through Europe and the British Isles to a halt.



THIRD THURSDAY MOVIE will be "*8 1/2*", a Fellini film. Join us on the 21st at 7pm at the library to enjoy this with David Rowland followed by an informative conversation. 8 1/2 follows an exhausted filmmaker searching for inspiration who, in his musings, remembers aspects of his life. Eventually, his musings and reality become blurred until he finally abandons the prospect of a new movie and longs for the release death brings. This is Fellini at his best. The title indicates the number of films he had made at that time.



MUSIC Betsey Llewelyn joins us April 7 & 14, and many Mondays this and every month to share her wonderful piano skills. Sing a long or just listen.



TRAVEL: Martha Tenney brings us **Amazonia** on April 28th at 11:00 for our monthly travel series. Join us for lunch and hear about the Amazon and surrounding areas. The flora and fauna are exotic and exciting!



Friday Breakfast



Joel Fowler will share information on some of our historic homes on April 22 at 9 am. Joel has extensively researched many and will share the people who lived in these homes and the times in which these homes were built.

At the end of the breakfast, Jack Spanbauer will highlight the warrant for the May 2 Town Meeting, so we will be informed before we attend. Please call to reserve your breakfast at 498-2186.

BRIAN NOBLE will be here on Tuesday the 19th to prepare us for Town Meeting on May 2. Come learn what's on the warrant and what we will be voting on.



SAVE THE DATE! April 26 is the NMH service day. Please call us at 498-2186 to sign up. The students will be available from 8:45am-10:15am and 10:30am-12:00 to do yard work. Please let us know what you need done by **April 4** so plans can be made and student teams can be organized.



23rd Annual Walk for Meals on Wheels April 30. Come support this wonderful program that brings a hot meal and a visitor each time to our seniors who can't be out. The walk will happen rain or shine at Franklin County Tech School, Turners Falls, MA. There will be entertainment, coffee and donuts. Call for information and start soliciting contributions! 498-2186.



PROGRAMS / SERVICES

EXERCISE PROGRAMS

YOGA with Libby Volkening: Thursdays at 9:30am, sponsored by FCHCC and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga followed by a relaxing mediation.

All levels are welcome.



HEALTHY BONES AND BODY EXERCISE CLASS: Wed.'s with Mary Lyle at 11:00. Hand weights, stretching and more.



PVRS WEIGHT ROOM: Monday, Wednesday and Friday, from 6:30-7:30, join the happy crowd and let Abby Churchill help you find the routine that fits your needs.



WALKING GROUP: Spring is coming! Join our merry band of walkers for a morning walk through town. Dogs are welcome



SHINE: Sign up to talk with our SHINE rep if you will be turning 65 this year, retiring and no longer will have insurance, need to switch plans or having a planned procedure, or general questions. 498-2186



VET REP: Our rep is here the 4th Tuesday of every month from 9-11 on the 3rd floor to answer questions and help file papers for you. Walk in! 🇺🇸

The coffee pot is always on, goodies are always out and a puzzle is always in progress. Come see what's going on, stay for lunch, start something new, read a book and enjoy our space. As the weather warms, the pavilion is also available.



Contacting Center Staff & services

Heather Tower, Director 498-2901 x14
Jeanette Tessier, Outreach, 498-2186
Amy Hall, Meal site mngr. 498-2186
Life Path- Homecare, SHINE, Meals on Wheels 773-5555
Transportation- Betty Stafursky, 413-834-4084



HEALTH CLINICS

BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesdays of the month from 9-11:30



FOOT CLINIC: By appt., 1st and 3rd Tuesdays of the month. Please bring a towel. To sign up, call 498-2186



CAREGIVERS SUPPORT GROUP

Caring for a spouse, parent, or family member can be one of the highest forms of love, and difficult, isolating and stressful, all at the same time. Taking care of one's self is just as important.

Come together with other caregivers to find support and share stories and ideas. Call 498-2186 for more information. Let us help care for you.



We meet the 2nd Friday each month from 10-11ish am.

PLAYER ALERT! Do you like to play Bridge, Mahjongg, Cribbage, Chinese checkers, chess, Hand and Foot or other card games? We have them all!



Join us April 13 at noon for a sub luncheon followed by Adult Coloring. Come try this relaxing, fun activity.

The unabridged newsletter is now located on the town website under 'Senior Center': <http://www.northfieldma.gov/>, or consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA, 69 Main St. Northfield, MA 01360.



Council on Aging Board

Gwen Trelle-Chair Gen Clark-Vice Chair Sue McGowan-Treasurer Leona Labor-Secretary, Gail Bedard, Lloyd Parrill, Linda Hescoc, Ted Thornton, Bill McGee, Carol Pike, Randy Foster, Rhoda Yucavich.



April 2016 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	ALTERNATIVE MENUS: April 7 - Seafood Asian Slaw, Hoisan Black Bean Salad, Cucumber Salad. April 14 - Tuna Salad, Mixed Veg Salad, Tossed Salad. April 21 - Seafood Salad, Mac Salad, 3 Bean Salad. April 28 - Egg Salad, Broccoli Salad, Kidney Bean Salad.			1 mg Sodium Black Bean Soup 296 Grilled Chicken 320 Red Pepper Pesto 22 Brown Rice 5 Wheat Bread 188 Pineapple 1
				Calories: 637
4 mg Sodium Macaroni & Cheese 488 Broccoli 9 Italian Bread 230 Diced Peaches 5	5 mg Sodium Mulligatawny Soup 287 Roast Pork 73 Apple Cider Gravy 19 Au Gratin Potatoes 39 Rye Bread 150 Applesauce 2	6 mg Sodium Grilled Chicken Breast 320 Hawaiian Sauce 25 Brown Rice 5 Tossed Salad 5 Multigrain Bread 163 Strawberry Jello 73 Diet SF Jello 45	7 *High Sodium Meal Three C Soup 299 Ham and Cheese Bake* 804 Sweet Potatoes 26 Whole Wheat Bread 188 Fresh Orange 0	8 mg Sodium Chicken Divan 65 Rice Pilaf 59 Peas 2 Whole Wheat Bread 188 Oatmeal Cookie 124 Diet: Gingerboy 60
Calories: 661	Calories: 602	Calories: 537	Calories: 746	Calories: 713
11 mg Sodium Meatloaf 214 Brown Gravy 61 Winter Squash 0 Spinach 65 Honey Wheat Bread 202 Fresh Pear 2	12 mg Sodium Chicken Kielbasa 400 Corn & Black Beans 231 Onions & Peppers 27 Hot Dog Bun 270 Tropical Fruit Salad 10	13 mg Sodium Escarole Soup 52 Penne with Meat Sauce 253 Whole Wheat Bread 188 Lime Jello 115 Diet: Straw Grahams 85	14 mg Sodium Grilled Chicken Breast 320 Rosemary Gravy 35 Bread Stuffing 196 Tossed Salad 5 Honey Wheat Bread 202 Pineapple 1	15 mg Sodium Split Pea Soup 96 Roast Turkey 496 Herb Gravy 26 Mashed Potatoes 66 Multigrain Bread 163 Strawberry Yogurt 75
Calories: 699	Calories: 646	Calories: 663	Calories: 533	Calories: 681
18 PATRIOTS DAY NO MEALS SERVED	19 mg Sodium Breaded Potato Pollock 273 Brown Rice 5 Mixed Vegetables 28 Cornbread 372 Mandarin Oranges 7	20 mg Sodium Grilled Chicken Breast 320 Apricot Glaze 22 Butternut Squash 0 Roman Veg Blend 30 Multigrain Bread 163 Pineapple 1	21 mg Sodium Veg Barley Soup 257 Roast Beef Au Jus 38 Mashed Potatoes 66 Dinner Roll 132 Apple Streusel Cake 191 Diet: Apple Grahams 85	22 mg Sodium Broccoli Bake 482 Homefries 5 Tossed Salad 5 Whole Wheat Bread 188 Chocolate Pudding 135 SF Pudding 170
	Calories: 745	Calories: 492	Calories: 823	Calories: 749
25 mg Sodium Swedish Meatballs 200 Bowtie Pasta 1 Italian Veg Blend 41 Multigrain Bread 163 Applesauce 2	26 mg Sodium Navy Bean Soup 222 Baked Salmon 67 Lemon Vinaigrette 10 Scalloped Potatoes 25 Whole Wheat Bread 188 Fresh Orange 0	27 mg Sodium Ground Beef Burger 200 BBQ Sauce 110 Sweet Potato 26 California Veg Blend 27 Hamburger Roll 230 Lemon Cake 95 Diet: Lemon Grahams 95	28 mg Sodium Chicken Parmesan* 766 Marinara Sauce 47 Cavatappi Pasta 1 Tossed Salad 5 Multigrain Bread 163 Strawberry Yogurt 75	29 mg Sodium Shepherd's Pie 197 Broccoli 9 Honey Wheat Bread 202 Blueberry Loaf 160 Diet: Peaches 0
Calories: 584	Calories: 726	Calories: 647	Calories: 748	Calories: 823

Congregate meals are served Mon., Tues., and Thurs. at 11:30am.
To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m.

***Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702**

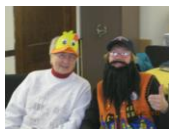


APRIL 2016 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Need a ride? Call Betty at 834-4084 and look for this:</p>  <p>in the newsletter!</p>	<p>Sub Luncheon and Adult coloring on April 13 at noon! Come relax! </p> <p>Quilting is back! Join Jeanette beginning April 21 at 2:30. </p>	<p>NMH Service Day is coming April 26! Sign-up deadline 4/4; Call today to make your appt. 498-2186 </p>	<p>Programs</p> <p> April 19 11:45</p> <p> April 22 9-11</p> <p> April 28 11:30</p> <p> April 7 & 14</p>	<p>1 Noon Bridge (sign up!) </p> <p>12:30 First Friday Film: "The Imitation Game" </p>
<p>4</p> <p>9:00 Bridge </p> <p>9:30 Orange Walmart; Herrick's Tavern </p> <p>11:30 Lunch </p> <p>12:30 Hand and Foot </p>	<p>5</p> <p>9:00 Blood Pressure Clinic </p> <p>9:00 Foot Clinic </p> <p>11:00 ROMEOs </p> <p>11:30 Lunch </p> <p>12:30 Bingo </p>	<p>6</p> <p>9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p>	<p>7</p> <p>9:30 Yoga </p> <p>10:30 Brown Bag</p> <p>11:00 Betsey Llewelyn </p> <p>11:30 Lunch </p> <p>12:15 Brown Bag</p> <p>12:30 Brown Bag Pickup</p>	<p>8</p> <p>10-11am  Caregiver's Support Group</p> <p>10:00 Tech School; nails and lunch </p> <p>Noon Bridge (sign up!) </p>
<p>11</p> <p>9:00 Bridge</p> <p>9:30 Hinsdale Walmart; The Marina </p> <p>11:30 Lunch</p> <p>12:30 Hand and Foot </p>	<p>12</p> <p>11am ROMEOs </p> <p>11:30 Lunch </p> <p>12:30 Bingo</p>	<p>13</p> <p>9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p> <p>12:00 Sub Luncheon </p> <p>1:00 Adult coloring</p>	<p>14</p> <p>9:30 Chair Yoga </p> <p>11:00 Betsey </p> <p>11:30 Lunch </p>	<p>15</p> <p>9:00 COA Meeting </p> <p>Noon Bridge (sign up!) </p> <p>12:30 Market Basket </p>
<p>18</p> <p>Patriot's Day-closed </p> <p>9:30 Springfield Kohl's; Olive Garden </p>	<p>19</p> <p>9:00 Blood Pressure Clinic </p> <p>9:00 Foot Clinic </p> <p>11am ROMEOs </p> <p>11:30 Lunch </p> <p>11:45 Brian Noble: Town Meeting </p> <p>12:30 Bingo</p>	<p>20</p> <p>9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p>	<p>21</p> <p>9:30 Chair Yoga </p> <p>11:00 Healthy Living from Life Path </p> <p>11:30 Lunch </p> <p>2:30 Quilting </p> <p>7pm 3rd Thursday Movie "8 1/2"</p>	<p>22</p> <p>9-11am "This is Your Town" with Joel Fowler; Historic Homes </p> <p>Noon Bridge (sign up!) </p> <p>12:00 Lunch Bunch: Hagar's Market </p>
<p>25</p> <p>9:00 Bridge </p> <p>9:30 Keene Walmart; Longhorn Steakhouse</p> <p>11:30 Lunch </p> <p>12:30 Hand and Foot </p>	<p>26</p> <p>NMH Service Day By appointment 9-11 Vet Rep </p> <p>11:00 ROMEOs </p> <p>11:30 Lunch </p> <p>12:00 Senior Meeting</p>	<p>27</p> <p>9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p> <p>12:00 Potluck </p>	<p>28</p> <p>9:30 Yoga </p> <p>11:00 Martha Tenney: Amazonia </p> <p>11:30 Lunch SHINE by appt. </p> <p>2:30 Quilting </p>	<p>29</p> <p>12:00 Bridge (sign up!) </p> 

To join us for any of our programs call 498-2186.
To suggest programming ideas or topics you would be interested in learning about,
Call Heather at 498-2901 ext. 14

The Senior Center



SUMMER FUN

SILVERTHORNE THEATER COMPANY

This summer, Silverthorne Theater presents 3 plays:

June 23- July 2
Moliere's: *The Miser*

July 14-23
Lee Blessing's: *Two Rooms*

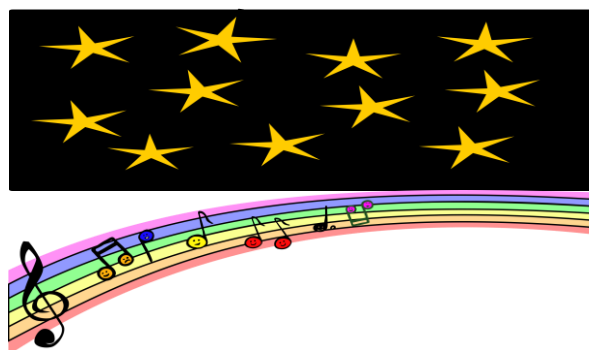
July 28-August 6
Henry James: *The Turn of the Screw*

Actors, directors and others will be joining us to showcase a pivotal moment and then lead a discussion about the play prior to the Sat. Matinee.

June 12 1pm
***The Miser*: reading and discussion.**

July 10 1pm
***Two Rooms*: discussion of themes.**

July 24 1pm
***The Turn of the Screw*: reading and discussion**



SUMMER CONCERTS

Come join us for music under the stars! This summer, with the help of many friends, we bring you:

June 11: American Harmony, which will include music of Timothy Swan, a Northfielder



July 9: Rob Fletcher bringing jazz



Sponsored in part by the Cultural Council

August 13: Moonshine Holler (blue grass) sponsored by the Friends of the Library

